

The need is constant.  
The gratification is instant.  
Give blood.



**American  
Red Cross**



# **RED CLIFF HEALTH SERVICES BLOOD DRIVE**

**Tuesday, August 2, 2011**

**\*\*\*11:00am-4:00pm**

Location: The Youth Center

For an appointment, contact Janet @779-3707 ext 232

*Walk In's Welcome ~ Photo ID Required*

**redcrossblood.org | 1-800-RED CROSS**

# AUGUST 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Blood Drive 11 - 4pm at Youth Center <hr/> WIC 1/2 DAY - A.M.	3  WIC	4  <b>"Nooni Circle"</b> Breastfeeding support Group 10 - Noon	5 Making Healthy Choices Support Group 10-11	6
7	8 Diabetic Support Group 6pm	9	10  WIC	11 Podiatry Clinic <hr/> Centering Pregnancy 10-noon	12	13
14	15	16	17	18 <b>"Nooni Circle"</b> Breastfeeding support group 10 - Noon <hr/> Podiatry Clinic	19  CLINIC CLOSED	20
21	22	23	24  Diabetic Clinic	25  Centering Pregnancy 10-noon	26 Making Healthy Choices Support Group 10-11	27
28	29	30	31			

# SEPTEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 "Nooni Circle" Breastfeeding Support Group 10 - Noon	2 Making Healthy Choices Support Group 10-11	3
4	5 CLINIC CLOSED	6 Centering Pregnancy 10-Noon	7	8	9	10
11	12 Diabetic Support Goup 6pm	13	14	15 "Nooni Circle" Breastfeeding Support Group 10 - Noon Podiatry Clinic	16 End of Walking Club Sign-in 9 - Noon	17 Frog Bay Walk/Run 9:30 Reg 10:00 Walk
18	19	20	21	22 Centering Pregnancy 10-Noon	23	24
25	26	27	28 Diabetic Clinic	29 "Nooni Circle" Breastfeeding Support Group 10 - Noon Podiatry Clinic	30 CLINIC CLOSED	

## HOLISTIC CORNER

### 7 ways to use Baking Soda!

1. Soak Your Skin: Dissolve some into your bath for a soothing and skin-softening experience.
2. Cleanse Your Hair: Just fill a glass with warm water and dissolve about a tablespoon of baking soda into it. Take that to the shower, and after wetting your hair pour the mixture through. Comb it well before rinsing—your hair will feel a **little coated and slippery until it's fully rinsed out.**
3. Soothe Your Stomach: Acid stomach, heartburn, gas, and other tummy issues are quickly relieved by baking soda because its slight alkalinity can neutralize the acid causing the problem. Just mix a teaspoon into a glass of warm water and drink it down.
4. Spot-Treat Acne: Making a little paste from baking soda and water and applying it to an unwelcomed visitor will help dry it out.
5. Create a Deodorant: Mix four tablespoons of baking soda with about ten drops of your favorite essential oil and apply to underarms. Guys, this sounds girly, but there are plenty masculine smells too—like Texas cedar wood.
6. Wash Your Face With It: Baking soda combined with some raw honey, this face wash is refreshing and soothing—and anti-acne, too.
7. Brush Your Teeth With It: Go natural with some bad-breath-killing-tooth-whitening baking soda on your brush (tastes like the ocean, salty but bearable).

Spunt, Alexandra. Good Health: Seven Surprising Uses For Baking Soda. September 9, 2010. <http://www.good.is/post/seven-surprising-ways-to-use-baking-soda/>. July 25, 2011.

## HEALTHY RECIPES



### Balsamic Chicken with Roasted Tomatoes

YIELD: 4 servings (serving size: 1 chicken breast half and about 1/4 cup tomatoes)

COOK TIME: 12 MINUTES

PREP TIME: 5 MINUTES

COURSE: Main Dishes

#### Ingredients

- 1 pint grape tomatoes
- 1 tablespoon honey
- 1 1/2 teaspoons olive oil
- 1/2 teaspoon salt, divided
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/2 teaspoon freshly ground black pepper

Cooking spray

Balsamic vinaigrette salad spritzer (such as Wish-Bone)

#### Preparation

1. Preheat oven to 450°.
2. Combine first 3 ingredients in a small bowl; place tomato mixture on a foil-lined jelly-roll pan. Bake at 450° for 12 minutes or until tomato skins burst and begin to wrinkle, stirring once. Transfer tomatoes to a bowl, scraping juices into bowl. Stir 1/4 teaspoon salt into tomato mixture.
3. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet. Sprinkle chicken evenly with 1/4 teaspoon salt and pepper.
4. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chicken; cook 3 to 4 minutes on each side. Place chicken on individual plates; coat each breast half with 2 to 3 sprays of balsamic spritzer. Spoon tomatoes evenly over chicken



## The Gizhaawaso Project

- Are you a young woman between the ages of 16—21?
- Are you interested in talking privately with a nurse about the choices young women have to make about their life and health?
- Are you interested in how traditional Ojibwe teachings and ceremonies can help young women be healthy and strong?
- Are you interested in learning more about what young women can do to help babies be born safe from alcohol?
- If you want to learn more about how you can be a part of a research project that plans to learn more about what young women can do to make healthy choices for themselves and to help babies be born safe from alcohol, please contact:

Erin Tenney at 715-779-3707

Or

Michelle Sarche at 303-724-1460

## NEST UPDATE

Honoring Our Children is updating and changing our NEST program. As we adjust to staffing changes and funding cuts, HOC is committed to providing the best possible services for our families. The space available for the NEST is very limited, so I am focusing on those items that families have told me are most useful. I always appreciate feedback and suggestions, and please know that I will try my very best to meet the needs of our families. Please note the following important points:

- The NEST will be available by appointment. Please call me (715-779-3707 x.264) to schedule a time to come in and do your shopping.
- All point sheets will be kept in the HOC office for clarity and continuity. You can call me to update your points when you have a visit with your primary care provider, and I will update when you have a WIC visit or see me. You are of course welcome to double-check your points at any time **to make sure I'm not missing anything.**
- Since the ECC is going to be starting their own NEST program, points for anything related to the ECC—events, HomeBase visits, etc—will go toward the ECC NEST. Points for things related to the clinic or medical care—clinic-sponsored events, visits with me, WIC, primary care appts—will go toward the HOC NEST.

## IPC-Improving Patient Care

Empanelment- What is it? Empanelment is assigning each provider a set number of patients; designating patients to a primary physician. Empanelment is a proven method to create continuity and improved care for patients. Patient continuity is associated with reductions in appointment demand, hospitalizations, referrals, labs and imaging, prescriptions, and no show rates. Improved patient care addresses preventative, chronic, and acute needs of all patients; those who regularly come into the clinic and those who do not. Empanelment manages supply and demand so patients can reliably get into see their primary care provider when they need to and it ensures patients have enough time during the visit to have all their needs met. This process builds and strengthens relationships between patients and their chosen provider. The Red Cliff Community Health Center is 100% empanelled for patients seen in the last 3 years.

The IPC team will be highlighting a core measure each month on the bulletin board in the clinic lobby. Empanelment is the first and there are 12 more to follow. We will continue our aim of promoting and improving the health and wellness to the Red Cliff Community and surrounding area.



CRYSTAL NEWAGO

## MEDICAL BENEFITS SPECIALIST

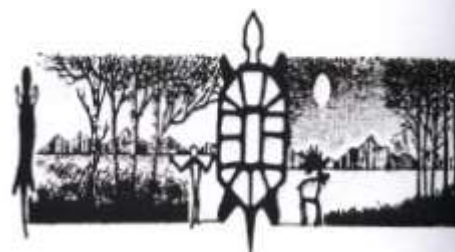


PLEASE CALL THE CLINIC FOR AN  
APPOINTMENT!  
(715) 779-3707  
EXT 238

RED CLIFF COMMUNITY HEALTH CENTER  
CRYSTAL NEWAGO, MEDICAL BENEFITS SPECIALIST  
88455 PIKE RD  
BAYFIELD, WI 54814

THE RED CLIFF COMMUNITY  
HEALTH CENTER.

## MEDICAL BENEFITS SPECIALIST



88455 PIKE RD  
BAYFIELD, WI 54814  
(715) 779-3707  
EXT 238

### WHAT SERVICES ARE PROVIDED?

ASSISTING CLIENTS WITH  
APPLICATIONS FOR ALL  
MEDICAID PROGRAMS.

NOT LIMITED TO  
BADGERCARE, ELDERLY-  
BLIND-DISABLED, DIS-  
ABILITY, WI WELL WOMAM  
PROGRAM/MEDICAID,  
MEDICARE PREMIUM  
ASSISTANCE AND  
SENIORCARE.

#### GOALS AND OBJECTIVES:

-TO PROVIDE AN ALTERNATE SITE FOR APPLYING FOR  
MEDICAL ASSISTANCE

BE KNOWLEDGABLE OF WI MEDICAID PROGRAMS AND SUB-  
PROGRAMS

ASSIST CLIENTS WITH MEDICAID COVERAGE ISSUES  
(REVIEWS, LAPSES IN COVERAGE, HMO QUESTIONS, MAIN-  
TAINING COVERAGE)

PROVIDE REFERRALS TO AGENCIES THAT MAY ASSIST WITH  
OTHER BENEFITS BUT NOT LIMITED TO VETERANS' BENE-  
FITS, SOCIAL SECURITY, MEDICARE PARTS A,B,C,D AND  
CONTRACT HEALTH SERVICES.

### MEDICAID, MA, MEDICAL ASSISTANCE...THREE WORDS MEAN-

ING THE SAME THING. THE WISCONSIN MEDICAID  
PLAN YOU ARE ON IS BASED ON YOUR INCOME,  
ASSETS AND THE TYPE OF ASSISTANCE YOU NEED.

PLEASE DO NOT HESITATE  
TO CALL WITH ANY QUES-  
TIONS REGARDING YOUR  
MEDICAID AND OTHER  
COVERAGES. WE ARE HERE  
TO HELP!



#### ☎ MEDICAL BENEFITS SPECIALIST

RED CLIFF COMMUNITY HEALTH CENTER  
88455 PIKE RD  
BAYFIELD, WI 54814  
cnewago@redcliff-hc.org  
(715) 779-3707  
EXT 238  
TOLL FREE (715) 779-3707

## *From “Journey Woman”*

### *A Native Woman’s Guide to Wellness*

#### Eating for a Healthy Heart

- *Women who smoke risk having a heart attack 19 years earlier than non-smoking women.*
- *Women with diabetes are two to three times more likely to have heart attacks.*
- *High blood pressure is more common in women taking oral contraceptives, especially in obese women.*

Heart disease is the leading cause of death for American Indians and Alaska Natives today. We can do something to prevent heart disease. Healthy eating is one way to keep a healthy heart.

Native foods and traditional ways can help us stay healthy. Native foods can still be found in many places today.

-Grow traditional plants such as beans, corn, chile, pumpkin, squash and melons.

-Choose berries, nuts, plants, fish, caribou, deer, rabbit, duck, and other native foods more often.

-Use traditional ways of

preparing food like drying, baking, stewing, and boiling.

Today, many American Indian families choose foods that are higher in fat, saturated fat (animal fat), cholesterol, calories, salt, and sodium. We also eat more than we used to. These habits can lead to heart disease.

Here are tips for making heart healthy choices:

-Choose fish, fowl, deer, and caribou.

-Eat lean cuts of beef, pork, and mutton.

-Cut the fat from meat and throw it away. Take off the skin from chicken and turkey.

-Remove fat from canned meat.

-Eat rice, corn, oats, and beans.

-Eat salads and sandwiches with little or no dressing.

-Eat fruits and vegetables.

-Drink fat-free or low-fat milk and choose fat-free and low-fat cheese.

-Bake, boil, broil, steam, or roast! Fry foods less often. Use small amounts of vegetable oil instead of lard or shortening.

-Drain the liquid from canned vegetables and the syrup from canned fruits.

Nearly 39% of all female deaths in America occur from Cardiovascular Disease (CVD), which includes coronary heart disease (CHD), stroke, and other cardiovascular diseases.

- **Coronary heart disease is the leading cause of death for American Women.**
- **One in five women has some form of heart or blood vessel disease.**





CLINIC

715-779-3707

Monday - Friday

8:00 am to 4:30 pm

PHARMACY

715-779-3157

Monday - Friday

9:00 am to 12:00 pm &

1:00 pm to 4:00 pm

OPTICAL

715-779-3707

Monday & Wednesday

1:00 pm to 4:00 pm

DENTAL

715-779-3707

Monday - Friday

Call for Appointment!

Erin Tenney WHNP, CNM

Health Center Clinic days:

Mondays

8:00 am to 3:30 pm

Call 715-779-3707 for appointment!

Anna Carlson CFNP, CLC

Health Center Clinic days:

Tuesdays and Thursdays

1:00 pm to 3:30 pm

Call 715-779-3707 for appointment!